



Chicago Institute of Advanced Surgery

Post-Operative Bariatric Surgery Instructions Checklist

DAY 1 After Surgery:

- Pick up your Zofran and liquid Tylenol from your pharmacy if you have not done so yet
- You will complete a water trial the morning of surgery. This will involve sipping on and finishing two small medicine cups of water and one 8 oz cup of water successfully in order to be discharged.
- If your vitals are normal, you have successfully completed your water trial, and there are no other concerns, you will be discharged from the hospital today!
- Start your clear liquids diet. Please refer to the diet book and message/call the dietician if you have any questions. Please aim for 64oz of clear liquids (with at least 40oz of the total being water).
- Get up to walk every hour. Continue to use an incentive spirometer every hour.

DAY 2 After Surgery:

- You will be called by the nurse practitioner or physician today

- Continue to aim for 64oz of clear liquids (with at least 40oz of the total being water).
- Continue to walk every hour and use incentive spirometer every hour.
- Continue to take Zofran as needed for nausea and liquid Tylenol on a schedule for any pain

WOUND CARE:

- Keep your incisions clean and dry. Do not tug or pull on your incisions.
- You CAN take a shower- make sure incisions are PAT dry thoroughly
- You may experience more discomfort on your right large incision. This is normal. Please continue to ONLY take liquid Tylenol for post-operative pain.
- Glue on the incision sites with fall off on their own

ACTIVITY

- o Walking to toleration is encouraged
- o You may climb stairs in moderation
- o Return to work only after approval of surgeon
- o Avoid tight clothing
- o Avoid sitting or lying with crossed legs
- o Continue to use incentive spirometer
- o Avoid prolonged sitting or lying down

MEDICATIONS

- You should have discussed your medications with your primary care provider and come up with alternatives for delayed release or large non-crushable pills
- Only take liquid Tylenol for any pain 6 weeks after surgery. Take it on a scheduled basis for best results.
- You may also try an over the counter 4% lidocaine patch and place it over any areas of pain- you may also place it over incision sites
- Please take dissolvable Zofran for any nausea after surgery (you will have to pick this up from your pharmacy)
- NO steroids or NSAIDs. Inhalers are OK.
- If the medication is in capsule form, ask your pharmacy if it can be opened and mixed with liquid foods

When to Call:

* If you have any of the following signs, **you need to contact us immediately**. Depending on your symptoms, you will be asked to come to the clinic or present to the Emergency Room for further evaluation.

*After hours and weekends, page the doctor on call (773-327-6800, option 3). For emergencies, please dial 911.

- o Your temperature is at or over **101° F**
- o Sudden **shortness of breath** or **chest pain**
- o You have **vomiting** not relating to overeating, eating or drinking too fast,

eating the wrong food, or not chewing food well

- o **Severe constipation** unrelieved by use of over the counter laxatives, stool softeners, or suppositories. You should have a bowel movement **every 3 days**
- o Feel your **heart is racing** (above 100 beats per minute)
- o **ANY abdominal pain** or cramps that is **worsening** or **not relieved** with Tylenol
- o **Leg swelling** and pain that is new
- o **Dizziness** or feeling as though you will pass out
- o Signs of **infection**:
 - o Increased redness, swelling and pain at the wound site or drainage that is cloudy, has a color and/or odor
 - o Excessive bleeding
 - o Productive cough
 - o Excessive bleeding
 - o Burning, smelly or cloudy urine

After hours and weekends, page the doctor on call (773-327-6800, option 3)

For emergencies, please dial 911.

Thank you again for allowing us to participate in your care and get well soon!

Best,

The Chicago Institute of Advanced Surgery

